



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Morgenweck, Reik

Club: Triathlonverein Barchfeld

Number: 257

Course: 6.90 km

Berglauf kurz

Category:

Senioren M45 (45-49 Jahre)

Total time: 38:29

Speed: 9.35 km/h

Running performance: 5:35 min/km

Rank in course/Total: 54 (of 84)

Rank in course/Men: 44 (of 61)

Best time in course: 29:46

Rank in category: 5(of 9)

Best time in the category: 31:39